

Get Ready, Get Set...Get Active!

Here are some ideas to help you raise your level of physical activity in your day at home, work, and wherever you are. The same creativity and planning you use in other areas of your life are useful in helping you make your life *more active*.

Get off to a great start by being ready for activity wherever you are!

-Keep a pair of comfortable walking or running shoes in your car and office.

-Have a set of comfortable workout clothes in your trunk -- or, pack a blowdryer, towel & extra gym clothes for the week to leave in your office. Pack a pack of raisins or other dried fruit for an added energy boost!

Weekly Moderate Intensity Physical Activity

- Fit physical activity into your daily commute.
- Park further from work or get off the train one stop earlier and walk the rest of the way.
Remember, it's a *total* of 30 minutes or more throughout the day that helps you stay healthy!

Physical Activity at Work

- Do you have a fairly sedentary job? Here's how to get revitalized! Take a brisk walk around the block during part of your morning or afternoon break. Ask a colleague to go with you.
- Take the stairs instead of the elevator.
- Walk down the hall instead of using the phone or e-mail.

Lunchtime Activity

- Take a brisk walk around the block during part of your lunch hour.
- Pick some dining spots 10 to 15 minutes away and walk to and from lunch. Order a healthy salad loaded with vegetables -- ask for low-fat dressing on the side.

After-Work Habits

- Sneak in a brief walk or run immediately after work but before you get home. This is a great way to get physically active before you must tend to dinner and other evening obligations.
- If you find it too difficult to be active after work, try it before work. A brief walk or run in the morning is a terrific start for the day. Take the dog - or offer to walk your neighbor's dog!.
- Join your company's softball or volleyball team.
- Walk up and down the sidelines at your child's baseball or soccer practices and games.
- Don't let the bad weather slow you down. Ride a stationary bike or do jumping jacks while watching the evening news or a favorite TV show.

Weekend/Day Off Activities

- Make exercise fun! Join a weekend line-dancing or ballroom dancing group.
- Energize your weekends:
 - Ride your bike on errands.

- Make a Saturday morning walk or hike a family habit. Or take a family walk after church, mosque, or synagogue.
- Swim laps.
- Go to the park or zoo with your family.
- Shoot baskets for 30 minutes.

Active Indoor Chores

- Do indoor chores that use your arms and legs such as washing the windows, scrubbing the shower or tub, cleaning out the basement, attic, or garage, or reorganizing a closet.
- Purchase hand weights (3 - 8 lb) and do several lifts while watching your favorite sit-com!

Active Outdoor Chores

- Mow the grass or wash the car and do the same for a neighbor who may be in need.
- Spruce up your garden or plant one.

AFTER YOU EXERCISE - Cool down with 5! Keep an extra supply of 100% frozen concentrated juice in the freezer, ready to prepare at a moment's notice. Juice is a great way to replace fluids after a workout.